

Youth Sprint Triathlon

Hosted by the Greenbelt Recreation Department and the Greenbelt Police Department



This event will be held on Greenbelt Day Weekend. The race will begin with a 50/100 meter swim at the Greenbelt Aquatic & Fitness Center outdoor pool. After the swim, children will ride about 1 mile on their bicycle through a marked off-road course (mountain, bmx and hybrid bicycles only). Bicycles must be in good, working condition and all riders must wear a safety helmet. The race concludes in front of the Youth Center after a half mile run.

Date: Saturday, June 4, 2016
Time: Race begins at 10am
 Race-day registration begins at 9am
Fees: \$15 for pre-registered racers
 \$25 for race-day registration
Where: Greenbelt Fitness and Aquatic Center
Ages: 8-15 years old

Ages 8-11	Ages 12-15
swim 50 m.	swim 100 m.
bike .5 mi	bike 1 mi
run .5 mi	run .5 mi

*Must have bike in working condition and helmet.
 *All participants receive medals and t-shirts.
 *Awards given to the top finishers in each age group.

Co-sponsored by



For more information contact:
 Alison Longworth
alongworth@greenbeltmd.gov
 240-542-2198

Mail form and entry fee to:

Greenbelt Recreation Department
 c/o Alison Longworth
 25 Crescent Road
 Greenbelt, MD 20770

*Make checks payable to
"City of Greenbelt."

*Forms may also be submitted at the
Greenbelt Youth Center Business Office.

Name

Address

Phone

Gender

Age on race day

PLEASE READ THE FOLLOWING CAREFULLY AND SIGN.

INSURANCE: I hereby inform the City of Greenbelt and the Greenbelt Recreation Department that I will assume any and all medical insurance coverage for the above named participants(s), and that said coverage shall be adequate to cover any and all possible accidents or injuries to the above named participant(s) received during any phase of this program.

RELEASE: I hereby release and agree to hold harmless the City of Greenbelt and the Greenbelt Recreation Department, its employees, volunteers, coaches and other participants from any act of commission or omission which may result in any personal injury or property damage arising out of the above named participant's participation in this program. I further agree to save harmless the city of Greenbelt and the Greenbelt Department of Recreation, its employees, volunteers, coaches and other participants from all losses, costs and expenses (including attorney's fees and court costs), settlement payment (whether or not reduced final judgment and all liabilities, damages and fines paid, incurred, or suffered by the City of Greenbelt and the Greenbelt Recreation Department by reason of, or arising out of injuries to persons (including death) or property damage caused by or attributed to the above named participants's participation in this program.

Signature

Date

Parent/Legal Guardian Signature

Date